

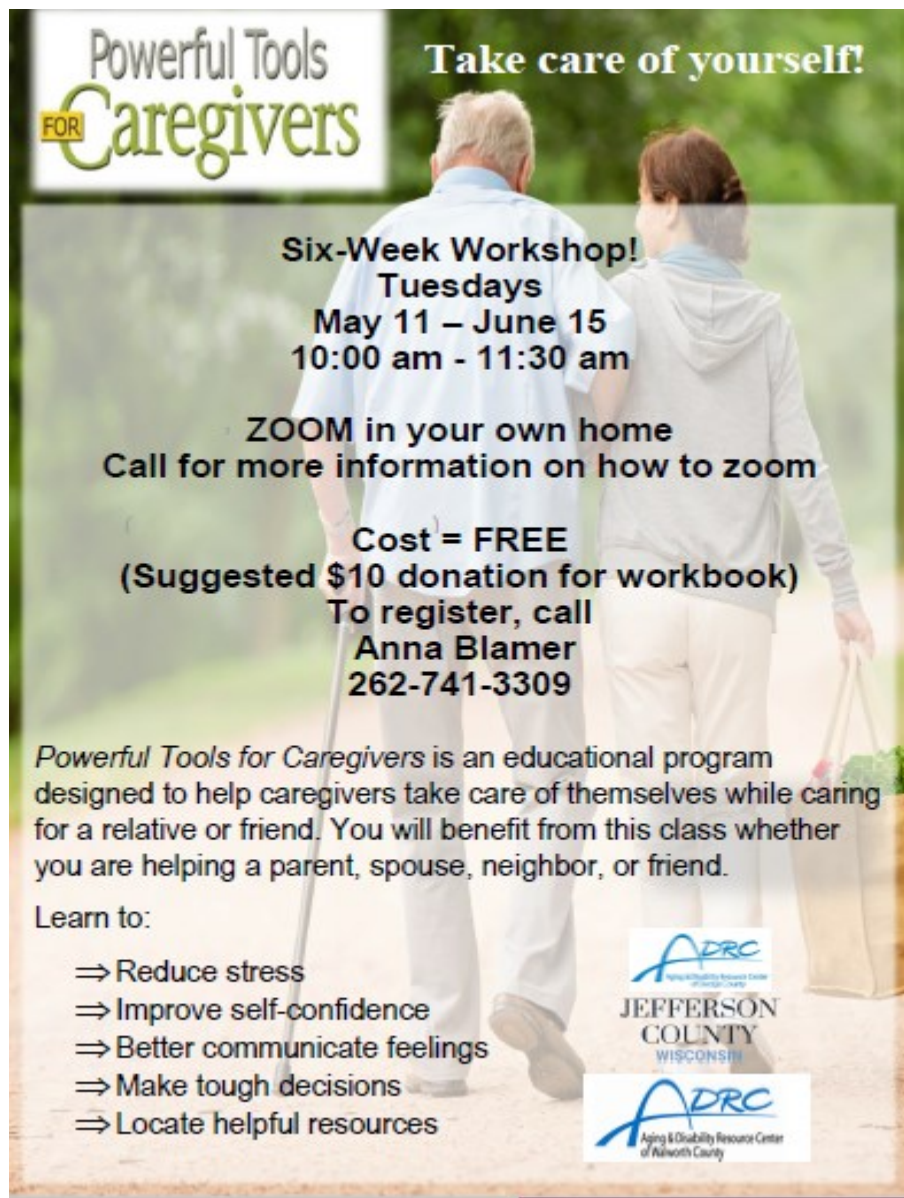
Caregiver Support Newsletter

The ADRC will be closed April 2nd and May 31st for observation of holidays.

April-June 2021

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**Powerful Tools
FOR Caregivers**

Take care of yourself!

Six-Week Workshop!
Tuesdays
May 11 – June 15
10:00 am - 11:30 am


ZOOM in your own home
Call for more information on how to zoom


Cost = FREE
(Suggested \$10 donation for workbook)
To register, call
Anna Blamer
262-741-3309

Powerful Tools for Caregivers is an educational program designed to help caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, neighbor, or friend.

Learn to:

- ⇒ Reduce stress
- ⇒ Improve self-confidence
- ⇒ Better communicate feelings
- ⇒ Make tough decisions
- ⇒ Locate helpful resources


**JEFFERSON
COUNTY
WISCONSIN**


Aging & Disability Resource Center
of Walworth County

Did you know that Rainbow Hospice of Jefferson County offers a Virtual Grief Support Group? They meet the 1st and 3rd Monday of each month from 8:30 a.m. to 9:30 a.m. If you would like to know how to join, please call the Bereavement Counselor, Hillary Furnish at 920-674-6255 for more information.

Welcome to Medicare Presentation by Zoom or Phone

Monday- April 19th, 2021

2 pm - 4 pm

Have questions about Medicare?

Get answers!

Looking to learn MORE about how to make good Medicare choices with there being so many options?! Between A, B, C, D & Supplements the options can be so confusing!! Get help sorting through the ALPHABET SOUP of complicated Medicare options and benefits!!!

The Elder Benefit Specialist program offers “Welcome to Medicare” workshops throughout the year for Jefferson County residents which are ideal for people who will be turning 65 in the upcoming months and will be newly eligible for Medicare!

This workshop is free but attendees need to register with the ADRC to be sent the link to the Zoom presentation or phone # to dial in!

Please call the ADRC:

920-674-8734



What is an Elder Benefit Specialist?

The Elder Benefit Specialist Program was created in the late 1970s by the Wisconsin legislature as a unique way to provide legal advocacy services to older residents of the state. The EBS program is funded with a combination of local, state, and federal funds. At least one Elder Benefit Specialist (EBS) serves every Wisconsin county and tribe. EBSs provide free legal services and advocacy to residents who are at least 60 years old. The purpose of Wisconsin's EBS program is to provide broad access to public benefits and legal rights to older persons throughout the state. The ethical guidelines of the EBS program help EBSs serve their client's interests. These ethical guidelines come from a variety of sources, including the Older Americans Act and the Wisconsin Supreme Court's Rules of Professional Responsibility for attorneys. An EBS's most important role is as an **advocate** for older people. In this role, the EBS owes his or her entire devotion to the interests of the client.

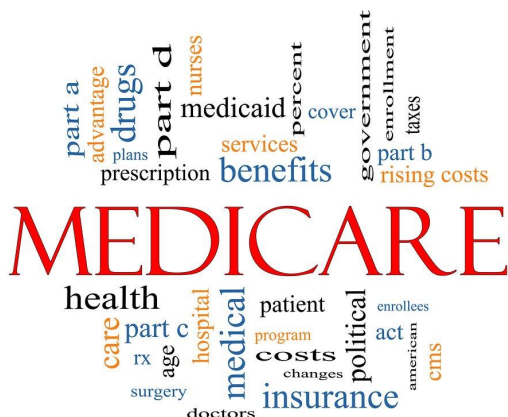
EBSs receive in-depth, ongoing training in the following areas: Medicare, Medicaid, Social Security, SSI, FoodShare, Housing, Consumer Debt, and Health Insurance. Within these general program areas, EBSs engage in a wide variety of services including: providing information about eligibility criteria, helping with applications for a wide range of public benefits, appealing application denials, terminations or reductions in benefits, and advocating at administrative appeals level. Making a referral to an EBS is easy to do. Simply pass the contact information listed below to the potential client:

Aging & Disability Resource Center (ADRC): Elder Benefit Specialist

1541 Annex Rd

Jefferson, WI 53549

920-674-8734





Monday Morning Caregiver Coffee Hour

Are you currently providing care for an adult living with dementia? Looking to join with others and find support? Looking to laugh, find solutions, brainstorm, practice new skills, and make new friends? **Look no further!**

Caregivers are participating weekly in a Caregiver Coffee Hour joined by professional staff (Aging and Disability Resource Center Dementia Care Specialists, Family Caregiver Specialists, and the Alzheimer's Association) every Monday morning at 10am (no holidays!). Bring your coffee (or beverage of choice) and get connected.

To register, call 920-386-4308 or e-mail at rgriesel@co.dodge.wi.us

After registering, you will receive a Zoom link and/or phone number to connect by computer or phone.

We look forward to you joining us!

Institute on Aging Friendship Line

"Our connection to others is what binds us to life"-

Patrick Arbore

Supporting individuals who find connecting within the community challenging in the goal of the Institute on Aging's 24-hour toll-free Friendship Line. It is the only accredited crisis line in the country for people 60 years and older, and adults living with disabilities. They also provide on-going outreach calls to lonely older adults.

Trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults.

The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. Providing round-the-clock crisis support services including:

- ◇ Providing emotional support
- ◇ Elder abuse reporting
- ◇ Well-being checks
- ◇ Grief support through assistance and reassurance
- ◇ Active suicide intervention
- ◇ Information and referrals for isolated adults, and adults living with disabilities

Toll Free Number: 800-971-0016

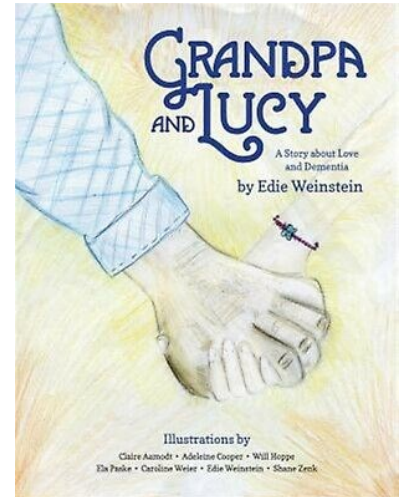


<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Dementia Friends

Grandpa and Lucy

Dementia Friends is a one hour program that helps the community learn about dementia and then turn that understanding into an action. In conjunction with Dementia Friends, is the book *Grandpa and Lucy*. This book is a helpful way for younger children to understand and better communicate with someone with dementia.



The Aging and Disability Resource Center of Jefferson County has partnered with Minnesota's CLIMB Theater's Intergenerational Connections Platform, to bring you the *Grandpa and Lucy* program for school age children. This fully digital offering strengthens the social emotional skills of Resilience of Empathy while simultaneously increasing awareness and knowledge around topics associated with Alzheimer's and other forms of Dementia. This program is great for churches, schools, libraries, 4-H clubs, home school programming, and more!

If interested in using the program and you would like more information, please review the program website. The Dementia Care Specialist would gladly support your efforts if interested in this program:

[https://climb-theatre.mykajabi.com/offers/zCkZA3Wf/checkout?
coupon_code=DEMENTIAFRIENDLYJEFFERSON2021](https://climb-theatre.mykajabi.com/offers/zCkZA3Wf/checkout?coupon_code=DEMENTIAFRIENDLYJEFFERSON2021)

Please **do not pay** for the program as the county has already covered the cost. You will, however, need to share your name and an e-mail address and create a password for your own personal log-in. Once you log-in, you will receive access to videos, curriculum, posters, coloring sheets, a streaming video of the author reading *Grandpa and Lucy*, and an animated film of the book. More information being added to the site as created. For more information contact the Dementia Care Specialist at 920-675-4035 or HeatherJ@jeffersoncountyiwi.gov



<https://dementiafriendsusa.org/>

Energy Assistance

Did you know that the Energy Assistance Program has received additional funding to help customers with their heating expenses which is especially important in the extreme cold temperatures we have been experiencing?

Please contact 920-568-0604 or apply on line at <https://energybenefit.wi.gov>.

The application takes approximately 45-60 minutes to complete. It is safe, secure, and confidential. Your information and privacy are protected. A representative from your local agency may follow-up with you after you submit the application.

Information You Will Need To Complete the Application:

About you and every one of your household members, if any:

Social Security Number

Date of Birth

Income information from all sources



About the energy fuels that you use:

Fuel types

Names of the fuel/utility company that delivers energy fuels to you

Account number for every fuel/utility company (found on your bill)

About your landlord or property management company, if applicable. Your application cannot be processed without this information.

First and last name or full name of company

Address

Phone number

It is highly recommended that you upload any pertinent documents (income, tax, fuel/utility bill, power of attorney, proof of citizenship, rental lease, etc.) to expedite the application process.

Telecommunications Assistance Program Hearing Aid Assistance (TAP HAA)

Description:

TAP HAA is an additional TAP benefit option available to consumers to provide funding towards the purchase of new hearing aids to increase the efficiency and use of telecommunications devices for distance communications by people who are Deaf or severely hard of hearing. TAP HAA can provide up to \$250 per hearing aid or \$500 per pair of hearing aids per person.

Eligibility:

- Must be a Wisconsin resident
- Meet income eligibility guidelines <https://www.dhs.wisconsin.gov/odhh/tap-income-guidelines.pdf>
- Submit completed application materials
- Can apply once every three (3) years
- Not receiving medical assistance like BadgerCare Plus or Medicaid

Application materials needed:

- A completed application F-02743 <https://www.dhs.wisconsin.gov/library/f-02743.htm>
- A completed hearing loss certificate F-22554 <https://www.dhs.wisconsin.gov/library/f-22554.htm>
- A copy of the quote to purchase hearing aids noting T-coil program included

Purchasing through an approved Department of Health Services (DHS) vendor:

- Certified audiologist
- Licensed hearing aid providers



Vouchers:

TAP will send a voucher to the applicant or their representative to redeem with a qualified DHS vendor when you are paying for the ordered hearing aid (s). The vendors will invoice DHS for the applicable voucher amount.

For more information or assistance, please contact Monica Smith, TAP Program Coordinator at 608-267-7195 or monica.smith@dhs.wisconsin.gov or visit the TAP website at <https://www.dhs.wisconsin.gov/odhh/tap.htm>.

Reservations or Cancellations:
Call between
10 a.m. and 12:00 p.m.
one serving day before

V-

May 2021

Jefferson County Senior Dining

Reservations or Cancellations:
Call between 10 a.m. and 12:00
p.m. one serving day before

Monday	Tuesday	Wednesday	Thursday	Friday
3 Ham Rolls Sweet Potato Bake Cole Slaw Choc Sundae Cup Apple Slices Sliced Bread	4 Chili Casserole Tossed Salad Pop- py Seed Torte Can- taloupe Cornbread	5 Meatballs in Hon- ey Mustard Sauce Brown Rice Winter Blend Veg Vanilla Pudding Peach Slices Sliced Bread	6 Country Fried Steak Mashed Potatoes Mixed Vegetables Birthday Cake Pineapple Tidbits Dinner Roll	7 Chicken Marsala Ba- by Red Potatoes Green Beans Choc. Rasp. Torte Petite Banana Sliced Bread
10 Roast Beef Mashed Potatoes Corn Butterscotch Pud. Pear Slices Sliced Bread	11 Baked Spaghetti Mixed Italian Salad Alexander Torte Fruited Gelatin French Bread	12 Baked Chicken American Pot. Sal. Calif. Blend Veg. Oatmeal-Raisin Cookie Apple Slices Sliced Bread	13 Pork Steak Mashed Potatoes Brussels Sprout Spice Cake Ap- plesauce Dinner Roll	14 Crispy Fish Fillet Ger- man Pot. Salad Cole Slaw Cinnamon Roll Honeydew Melon Onion Rye Bread
17 Swiss Steak Mashed Potatoes Mixed Vegetables Raspberry Sherbet Fruited Gelatin Sliced Bread	18 Chicken and a Bis- cuit Casserole Broccoli Cuts Egg Custard Pie Peach Slices	19 Meatloaf Calico Bean Cass. Wax Beans Choco- late Pudding Can- taloupe Sliced Bread	20 Sweet & Sour Pork over Brown Rice Tossed Salad Sugar Cookie Pine- apple Tidbits Din- ner Roll	21 Hamburger on a Whole Wheat Bun Cheesy Potato Bake Calif. Blend Veg. Chocolate Cake Pe- tite Banana
24 Pork Jaegerschnit- zel Baked Potato Peas and Carrots Cream Sicle Torte Applesauce Sliced Bread	25 Baked Chicken Garlic Mashed Pot. Three Bean Salad Oatmeal-Btrscotch Cookie Pear Slices Dinner Roll	26 Hawaiian Meat- balls Baby Red Potatoes Mixed Vegetables Vanilla Pudding Fruited Gelatin Sliced Bread	27 Chicken Tetrzzini Casserole Spinach Salad with Rasp Vinaigrette Ice Cream Cup Honeydew Melon Dinner Roll	28 Bratwurst on a Whole Wheat Bun Baked Beans Broccoli Cuts Fudge Brownie Apple Slices
31 Memorial Day Holiday No meal delivered as our office is closed	 <p>This Photo by Unknown Author is licensed</p>			

June 2021

Jefferson County Senior Dining 920-674-8134

Reservations or Cancellations:
Call between
10 a.m. and 12:00 p.m.
one serving day before

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Steak Mashed Potatoes Peas and Carrots Butterscotch Pud. Peach Slices Dinner Roll	2 Chicken Cacciatore Baby Red Potatoes Mixed Italian Salad Choc. Sundae Cup Fruited Gelatin Sliced Bread	3 Salisbury Steak Mashed Potatoes Corn Birthday Cake Fruit Cocktail Dinner Roll	4 Salmon Loaf Baked Potato Carrots Choc Chip Cookie Pineapple Tidbits Sliced Bread
7 Burgundy/Mush Chopped Steak Mashed Potatoes Swiss Spinach Cinnamon Roll Pear Slices Sliced Bread	8 Glazed Ham Baked Beans Health Slaw Vanilla Pudding Apple Slices Dinner Roll	9 Lasagna Casserole Broccoli Cuts Choc Rasp Torte Fruited Gelatin French Bread	10 Chicken Breast Mashed Potatoes Baby Carrots Fudge Cookie Honeydew Melon Dinner Roll	11 Cranberry/Kraut Meatballs Baked Potato Tossed Salad Chocolate Pudding Petite Banana Sliced Bread
14 Chicken, Broccoli & Rice Casserole Brussels Sprouts Sugar Cookie Pineapple Tidbits Sliced Bread	15 Roast Beef Mashed Potatoes Peas and Carrots Spice Cake Applesauce Dinner Roll	16 Smoked Sausage Calico Bean Cass. Calif Blend Veg Choc. Sundae Cup Peach Slices Sliced Bread	17 Beef Stroganoff Corn Tapioca Pudding Cantaloupe Dinner Roll	18 Baked Chicken Garlic Mashed Pot Spinach Salad w/ Rasp Vinaigrette Molasses Cookie Apple Slices Sliced Bread
21 Mushroom Pork Cutlet Mashed Potatoes Red Cabbage Applesauce Cake Pear Slices Sliced Bread	22 Pepper Steak Baby Red Potatoes Mixed Vegetables Orange Sherbet Pineapple Tidbits Dinner Roll	23 Swedish Meatballs Mashed Potatoes Sliced Carrots Alexander Torte Honeydew Melon Sliced Bread	24 Orange Chicken Baked Potato Tossed Salad Fudge Brownie Petite Banana Dinner Roll	25 Meatloaf Red Beans & Rice Cole Slaw Cinnamon Roll Applesauce Sliced Bread
28 Roast Turkey Mashed Potatoes Baby Carrots Pumpkin Cake Fruit Cocktail Sliced Bread	29 Beef Stew Broccoli Cuts Coconut Cream Pie Pear Slices Cheddar Biscuit	30 Baked Chicken Twice Bk Style Pot. Three Bean Salad Peanut Btr. Cookie Apple Slices Sliced Bread	June is Dairy Month in Wisconsin	

Dementia Care Specialist Webinar Series



In partnership with statewide dementia care specialists, the Wisconsin Department of Health Services will be hosting monthly webinars throughout 2021 for people with dementia and their family caregivers. Each presentation will cover a different topic and include practical tools and resources for families.

Webinar Date	Topic
January 13	Social Isolation
February 10	Intimacy and Relationship Changes
March 10	Incontinence Management
April 14	Care Transitions
May 12	Building a Support Network
June 9	Safety Planning
July 14	Driving
August 11	Grief
September 8	Palliative Care
October 13	Family Conflict and Changes in Social Support
November 10	Non-Pharmacological Approaches: Part 1
December 8	Non-Pharmacological Approaches: Part 2

Register Here

All webinars will take place live from 12 to 1 p.m. on the second Wednesday of the month.

Visit the [registration page](#) to sign up for any of the monthly webinars.

If you are unable to attend live, all webinars will be recorded and posted on the Department of Health Services website at a later date.

Sponsored by:



**WISCONSIN DEPARTMENT
of HEALTH SERVICES**



2021 Virtual Families Like Mine Conference

July 19, 2021



Due to continued concerns around the COVID-19 pandemic, the 3rd Annual Families Like Mine Conference for Relative Caregivers of Children will be held completely virtually on July 19, 2021. To make the conference more accessible in the virtual format, the presentations will be available again for all registered participants to view at any time during the week of July 19 and beyond!

Presentations will again be pre-recorded; topics and presenters are yet to be finalized. Registration details will be provided soon!

A company specializing in virtual conferences and events has been hired, which will make for a very user- friendly registration &

overall experience for attendees.

The SAVE the DATE! "postcard" may be printed. Please share it with your Relative Caregiver communities/contacts.

<https://gwaar.org/api/cms/viewFile/id/2006507>

 Academy of Nutrition
and Dietetics

National Nutrition Month® 2021

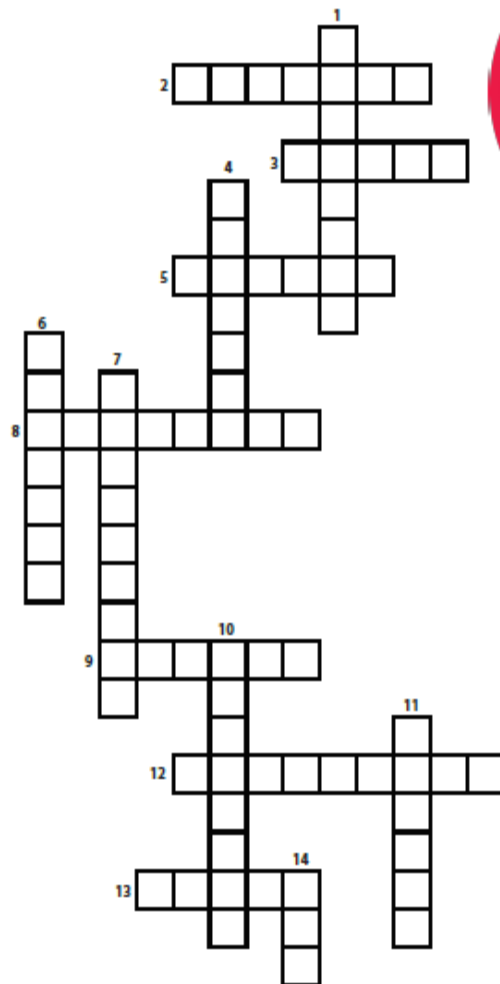
Crossword Puzzle

Across

2. Soups and dal are made with this legume.
3. A tropical fruit that is orange in color after the peel is removed and contains a large pit.
5. This dairy food is made with live cultures of healthful bacteria.
8. A tiny, round form of pasta that may be used in North African and Middle Eastern dishes.
9. A type of fatty fish that is a good source of omega-3 fatty acids.
12. Another name for garbanzo beans.
13. This term refers to grains that are not refined.

Down

1. This fresh herb is used as an ingredient or as a condiment in a variety of cuisines.
4. The main ingredient in guacamole.
6. A soft cheese used as a filling in lasagna and raviolis.
7. A dish made with lima beans and corn.
10. The name for a type of fungi that is part of the vegetable group.
11. A vegetarian source of protein made from fermented soybeans.
14. This protein food is a source of vitamin D.





Rest, Assured

Brain & Life Magazine Jan/March 2021

Insomnia is on the rise due to worries about COVID-19. Lifestyle alterations during a pandemic can disrupt circadian rhythms—internally driven 24-hour cycles that regulate the sleep-wake pattern as well as essential bodily functions. “Because people are quarantining or working from home, they’re not on fixed schedules, they’re not exercising or moving around as much, and they’re not getting exposed to sunlight consistently”, says Rachel Marie E. Salas, MD, FAAN, a sleep neurologist at the Johns Hopkins Center for Sleep and Wellness in Baltimore. Without their usual routines, people may feel more isolated or lonely, which can increase stress, says Dr. Salas. They may also be more susceptible to sleep disruption if they have a history of anxiety or depression or experience emotional trauma such as a divorce, a death in the family, or the loss of a job. Certain behaviors can disrupt sleep too, like lying in bed awake for more than 15 or 20 minutes and trying to force sleep; taking long naps during the day, especially after 3 p.m.; and watching TV or using a computer before bedtime.

Before bad sleep habits become entrenched, take steps to manage your insomnia. Talk with your neurologist about treatment options and possible adjustments to medications you may be taking. “Treatment for insomnia should be individualized”, says Dr. Salas.

Regular physical activity can alleviate insomnia by decreasing physiological arousal, anxiety, and depressive symptoms. Yoga has been found to be helpful in getting a more relaxed sleep. If you wake up during the night and can’t get back to sleep, try breathing or visualization exercises to help you let go of your thoughts. Deep breathing can calm hyperarousal in the autonomic nervous system and alter brain waves in ways that boost sleep.

Mindfulness meditation—in which you focus on the present moment and let your thoughts pass without latching on to or judging them—can improve sleep quality. Many drugs, including benzodiazepines, such as Ativan, Xanax, Klonopin, and sedatives like Ambien are prescribed for insomnia. Many neurologists say these medications should only be used on a short-term basis. Talk with your primary care physician if you have concerns about your medications.

People who have higher levels of gratitude have better sleep quality and higher daytime energy. This may be because people who score higher in gratitude have fewer symptoms of depression, which may lead to fewer pre-sleep worries. Think about the things you’re grateful for in your life such as family, home, and career, or small pleasures like cooking a meal or taking a walk in nature and jot them down in a notebook. Try and write multiple times per week.

Sleep well!

Smart Ways to Make Physical Activity Part of your Day

While exercise may sound intimidating to some people, it doesn't have to be. Any type and amount of activity is better than none and there are so many enjoyable ways to get moving.

In order to "move more and sit less", as the new physical activity guidelines recommend, it's important to find activities that you enjoy!

If you like group activities, you can look into virtual classes or those that can be done at a safe distance inside or outdoors. If you prefer being active alone, consider rollerblading, lifting weights or yoga.

Finding time may also be a struggle but being more active can be as simple as taking the stairs instead of the elevator, parking further away, walking or riding a bicycle to the store and cleaning the house or working in the yard.

It's important to choose activities that match your abilities*. If you've never run a mile, it would be better to work up to that goal before training for a marathon. Set realistic goals to avoid risking an injury or becoming discouraged and less active.

For adults, the recommendation is 150 minutes or more of moderate-intensity physical activity each week. This could be as simple as brisk walking for 25 minutes six days per week. Another option would be to walk briskly for only 15 minutes at a time, but twice a day for five days.

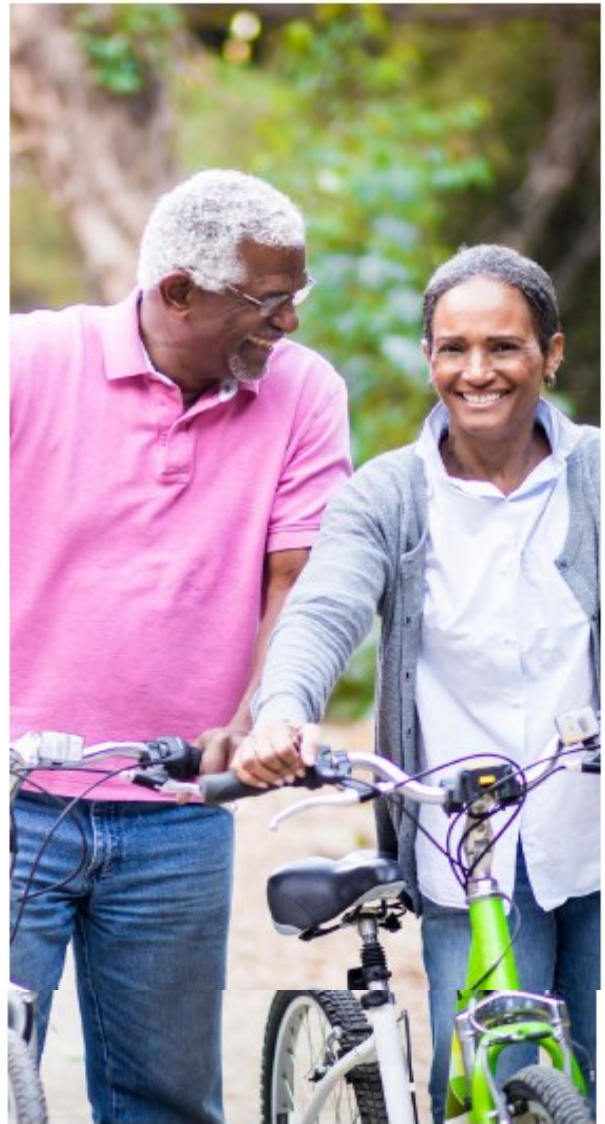
To realize the most health benefits, physical activity should be done regularly – meaning most days of the week. How often, how long and the intensity of the activity can make a difference, too.

Research has shown that regular physical activity can lead to better health, including a reduced risk for many chronic diseases, such as heart disease, high blood pressure and diabetes.

Aerobic activities, such as brisk walking or bicycling, are important for cardiovascular health because they work out your heart.

Muscle-strengthening activities include some type of resistance, such as weights, elastic bands or your own body weight. Activities that help you increase the strength of different muscles is recommended two times or more per week.

Both aerobic and muscle-strengthening activities may also offer **bone-strengthening benefits**. Activities that involve stretching can help to increase flexibility, or the range of motion for joints.



In order to stay active, find activities that you enjoy. Try these tips to get started:

- Plan ways to gradually increase your physical activity. This could involve setting reminders to move more throughout the day or by scheduling times to be active during the week.
- Think about the best time for physical activity. Some people prefer to be active in the morning, whereas others dedicate time mid-day or after school or work.
- Decide how you want to be active. Walking is convenient for many people. However, others may choose to participate in organized sports or specific exercise programs.

For more information, check out the **Move Your Way** website at www.health.gov/moveyourway.

Six Benefits of Journaling for Caregivers dailycaring.com

Journaling is an effective way to reduce caregiver stress

Caregiver stress is no joke. Not only can it make you resentful or depressed, it can also cause serious health conditions. That's why adding stress reduction and coping tips into your daily routine is so important. One effective stress reduction technique that's perfect for caregivers is journaling. Writing in a journal is free, takes as much or as little time as you've got, and can be done anywhere. We explain how to get started with journaling and share six ways it makes caregiving easier and reduces stress.

How to start journaling

To start journaling, all you need is a paper notebook or a notes file on your computer, or mobile device. Keep it private to you won't have to worry about anyone reading what you wrote. It's a wonderful ritual if you're able to journal for a set amount of time each day, but you don't have to follow any rules to get the full benefits of journaling. Write for as long as you want as often as you'd like. The one thing many people recommend is to write continuously and use a "stream of consciousness" approach. That means writing down whatever thoughts come into your mind. It's important to let it flow and not edit your thoughts or worry about grammar or spelling. You don't even have to use full sentences— anything goes!

Six Benefits of Journaling for Caregivers

1. Reduces caregiver stress: Writing about anger, sadness, resentment, and other painful emotions helps to release the intensity of these feelings. After getting these thoughts out, you'll likely feel calmer and less stressed.
2. Improve your health: One study found that when people wrote about emotionally difficult events or feelings for just 20 minutes at a time over 3 or 4 days, their immune system functioning increased.
3. Find solutions to tough challenges: Journaling can also be used for problem-solving. Writing out your thoughts helps you connect dots and come up with solutions that you wouldn't have otherwise thought of.
4. Make caregiving easier: Writing things down helps you see patterns. This gives you the ability to spot things that could be improved, simplified, or eliminated to make life run more smoothly. Maybe you'll start to notice that mom gets upset every time you talk about leaving the house, but doesn't make a fuss if you just leave. Or maybe you'll find that your spouse is much more willing to bathe during the early afternoon than in the evening.
5. Resolve arguments with other people: Writing about fights or misunderstandings helps you keep from stewing over it in your mind. It might even help you see the other person's point of view or figure out a way to resolve the conflict.
6. Get in touch with yourself: It's easy to lose yourself in the pressure of caregiving. Journaling helps you clarify your thoughts and feelings. Taking a few minutes to write down your unedited thoughts and emotions will help you get in touch with your true self.



"Living with pain – constant, nagging pain – is so debilitating. Healthy Living with Chronic Pain taught me strategies to manage my pain. Having a little control feels great."

How does it work?

Simply follow the registration instructions below and we'll provide you with access to the sessions, contact you to make sure you are able to join, and help during the workshop if you have any problems.

Register Now!

Online Workshop:

Tuesdays 1:00pm-3:30pm

April 6 – May 11

**Contact: Erika Holmes, Jefferson
ADRC, to Register**

920-674-8140

erikah@jeffersoncountywi.gov

An Online Workshop

Living with pain? What if you could feel better?

If living with ongoing pain is keeping you from doing the things you want to do, **Healthy Living with Chronic Pain** can help you manage your pain.

Developed at Stanford University, **Healthy Living with Chronic Pain** meets for 2½ hours once a week for six consecutive weeks and is facilitated by two trained leaders. Topics include:

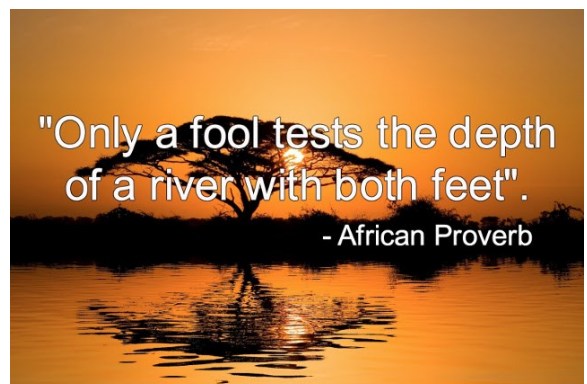
- Relaxation and breathing
- Medication usage & evaluating treatments
- Quality sleep and fatigue management
- Stress and depression management
- Healthy eating and nutrition
- Decision-making and problem-solving
- Fitness for exercise and fun
- Short-term goal setting and planning
- Communicating effectively with friends, family, and your medical team

This program does not replace existing treatments, but serves to complement a participant's current medical treatment plan. This program is not meant for those with pain medication addiction issues.

Proverbs

See if you can find the words to finish each of these English proverbs. A proverb is a short, generally known sentence which contains wisdom, truth, morals, and traditional views that have been handed down from generation to generation. Every culture has its own proverbs.

1. A stitch in time_____
2. Where there is smoke_____
3. Absence makes_____
4. A bird in hand_____
5. All work and no play make_____
6. Life is just_____
7. Haste makes_____
8. Good fences make_____
9. Never put off until tomorrow_____
10. What you don't have in your head_____
11. An apple a day_____
12. Ask no questions and_____
13. Nothing ventured_____
14. Out of sight_____
15. _____ can't be choosers.



Name Nine

9

Name 9 Kinds of Music (Examples: Polka, Folk)

Name 9 Things That Give you Goosebumps (Examples: fingernails on a blackboard, snakes)

Name 9 Kinds of Insects Found in the United States (Examples: mosquitos, bumblebees)

Name 9 Kinds of Books (Examples: Comic, Mystery)

Name 9 Kinds of Carpenter's Tools (Examples: Hammer, Screwdriver)

Name 9 States that Begin with either an M or K (Examples: Minnesota, Kansas).

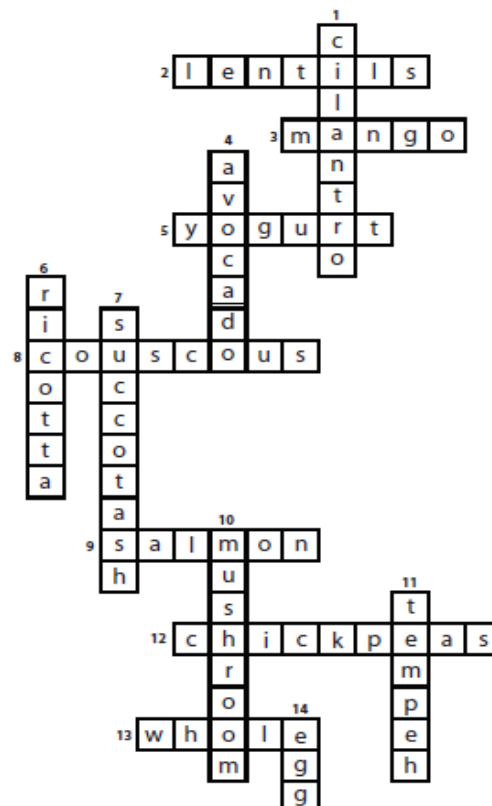
Attainment's Use it, Don't Lose It ; A Mental Fitness Workbook

eat right. Academy of Nutrition
and Dietetics

National Nutrition Month® 2021

Crossword Puzzle

Solution:



How to Contact Your Local Aging and Disability Resource Center of Jefferson County:

Visit us:

1541 Annex
Road,
Jefferson, WI
53549

Call us:

Main: 920-674-8734

Fax: 920-674-7603

Toll Free: 866-740-2372

TTY/ TDD/ Relay: 800-947-3529



Email us: adrc@jeffersoncountywi.gov

Visit us online at:

<https://www.jeffersoncountywi.gov/>

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Jefferson County WI Government



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SAVE THE DATE!

Teepa Snow, Dementia Expert, will be presenting virtually November 18, 2021. More details to come!

If you would like to be removed from this mailing, please contact HeatherJ@jeffersoncountywi.gov.